

## Italian Fruit Cobbler with Vanilla Sauce

*Serves 8.* This recipe provides each person with one “5 A Day” serving.

Crisp polenta adds a unique touch to this festive, three-fruit crisp, which is much easier to prepare and lower in sugar than most pies — though equally delicious! A low-fat yet rich vanilla sauce is a creative alternative to ice cream.

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|-----------------|----------|--|
| <i>Filling:</i> | 4        | Bartlett pears, cored, peeled and sliced                       |
|                 | 3        | Granny Smith apples, cored, peeled and sliced                  |
|                 | ½ cup    | dried, sweetened cranberries                                   |
|                 | 1 Tbsp.  | flour  |
|                 | 1 Tbsp.  | sugar  |
|                 | ¼ cup    | fresh 100-percent orange juice                                 |
| <i>Crust:</i>   | 1 cup    | flour  |
|                 | ¼ cup    | sugar  |
|                 | cup      | polenta (or cornmeal, if the rougher polenta is not available) |
|                 | 1 tsp.   | cinnamon   |
|                 | 4 ounces | low-fat cream cheese, slightly softened                        |
|                 |          | few drops water  |
|                 |          | cinnamon and sugar   |
| <i>Sauce:</i>   | 1        | 8-oz. container non-fat vanilla yogurt                         |
|                 | ½ cup    | non-fat half-and-half (available in the dairy case)            |

Preheat oven to 375 degrees F. Combine the filling ingredients and spread them in the bottom of a 9- by 13-inch baking pan. In a medium-sized bowl, combine the first four crust ingredients, and then use a pastry cutter or fork to integrate the cream cheese until it forms pea-like clumps. Add water by the dropful just until the mixture holds together into a dry dough. Carefully spread this dough on top of the fruit, sprinkle it with a bit of cinnamon and sugar, and bake for 45-50 minutes. Meanwhile, whisk together the sauce ingredients. To serve, drizzle sauce in a circle on each plate, and top with a warm square of cobbler.

### Nutritional Analysis Per Serving:

- 264 calories, 55 grams carbohydrate, 5 grams protein, 3 grams fat, 3 grams saturated fat, 7 milligrams cholesterol, 113 milligrams sodium, 3 grams fiber
- 11% calories from fat
- 1 “5 A Day” serving per person